

Gettin' Up To Speed

Calgary Speed Skating
Association

December 2006

Volume 2, Issue 1

Upcoming Meets

The **Banff/Canmore Speed Skating Club** is hosting the **Banff/Canmore Short Track Ice Racing Challenge** on December 30, 2006. This is a great one day competition for all our younger skaters (Juvenile and under) as well as the Masters contingency!

Registration forms can be found on the club bulletin board or on the AASSA web site:

[http://
www.albertaspeedskating.ca](http://www.albertaspeedskating.ca)

The deadline for all registration forms is Tuesday, December 12 to Nicole or in an envelope and slid under the CSSA office door. Any parents interested in volunteering at the Canmore meet can contact Nicole to be put in touch with the Canmore Meet Coordinator.

We are hosting our annual **Alberta Open Indoor Long Track Competition** on January 12-14, 2007. This is one of two long track competitions held in Alberta yearly. This mass-start competition is great for all club members, Cradles to Masters!

Registration forms can be found on the club bulletin board or on the AASSA web site:

[http://
www.albertaspeedskating.ca](http://www.albertaspeedskating.ca)

The deadline for all registration forms is Friday, December 22 to Nicole or in an envelope and slid under the CSSA office door. Any parents interested in volunteering at the long track meet should contact Nicole.

Club Evaluations

CSSA's mid-season club evaluations will be posted on the club bulletin board shortly. Please take a moment when you come to skating to fill one in and drop it in the drop box, which will be placed at the short track coaches box by the North Rink. We have had a great fall season and need your feedback to continue to improve our programming.

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Special points of interest:

Check out our web site at:
www.calgaryspeedskating.com

Contact us at:
Nicole
calspeed@ucalgary.ca

Tawnya
tmyard@ucalgary.ca

December's Mini Meets

Our December Mini-Meets are as follows:

Short Track: Tuesday December 19th
6:30-7:30pm

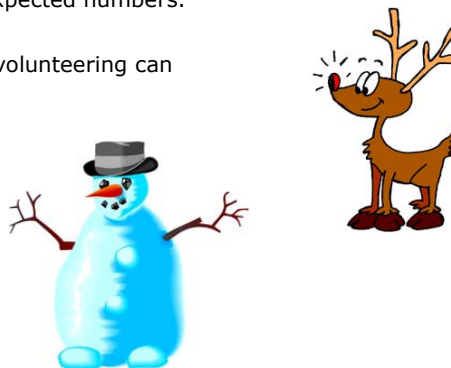
This mini meet is open to all skaters; Learn to Speed Skate, Intro to Skating and Competitive 1 will do individual races. Competitive 2 skaters can register a relay team for a relay race at the end of the mini meet.

Long Track: Christmas Party/Pursuits and Fun Races, Thursday Dec 21st
6:30-8pm
Regular practice ice and warm-up is from 6:30-7:15pm. We will be running pursuits from 7:15-8pm.

Sign up your team of three people to compete in either a 3 lap or 6 lap pursuit. Crazy fun races will finish off the evening.

Please let your coaches know by December 15 if you intend to attend either/both of these mini meets so we have an idea of the expected numbers.

Anyone interested in volunteering can also contact Nicole.



Mid Season Reminders

We are now approaching the mid way point of the season! Here is what will be available in terms of practices, and events to watch and or participate in for December and January.

Last day of lessons before the holidays: **Thursday December 21st**

We will be having our annual club Christmas party and Mini Meet this day, so be prepared for some fun!

No club ice available **Friday December 22nd** until **January 2nd**.

Ice time without scheduled lessons will be held during regular club times Jan 2-6th, a skeleton crew of coaches will be out to supervise ice times so that

people can practice, however, there will be no lessons!

The first day of lessons after the holidays: **Monday January 8th**.

Upcoming Events:
December 27, 2006: Lethbridge Short Track Camp, open to any club member who is interested. Contact Nicole if you are interested in attending.

December 30, 2006: Banff/Canmore Short Track Ice Racing Challenge. For more information, check out page 1.

January 8, 2007: Volunteering at a long track meet. This seminar is open to all club members, 7:30-8:30pm in the Oval Lounge.

January 9, 2007: Volunteering at a long track meet. This seminar is open to all club members, 6:30-7:30pm in the Oval Lounge.

January 12-14, 2007: CSSA Alberta Open Long Track Competition. For more information, check out page 1.

January 20-21, 2007: Red Deer Central Lions Speed Skating Club will be hosting their annual Alberta Open Outdoor Long Track Competition. Details will be on the club bulletin board soon.

Level 1 Officials Clinic

Alberta Speed Skating and Calgary Speed Skating will be holding another Level 1 Officials Clinic on **Friday, December 15, 2006**, the clinic will run from **6:30-9:30pm** in **Oval Room 54**. The instructor is Hans Terstappen, Calgary Club member and Speed Skating Canada Level 4 (Short Track) and Level 5 (Long Track) certified Starter. If you haven't signed up for this clinic and would like to attend, you can sign up by contacting

Nicole in the CSSA office by Wednesday, December 13, 2006.



Youth Sized Club Jackets

Unfortunately there was not enough interest to go ahead with a youth sized club jacket order this year. If you are interested for next year, make sure you talk to the jacket sales table at registration.



New Club Skin Suits For Sale

Anita Tompkins (mom of Sean Tompkins) is selling two brand new skin suits, one ST and one LT. The ST one is priced at \$180 and the LT one is priced at \$150. The size is comparable to a men's small. If you are interested or want to try the suit on, contact Anita at 201-2567.

Coaches Needed

Due to the incredible response and registration in our programs, we are currently looking for coaches. If you have experience coaching in another sport and are interested in learning the technical side of speed skating, or are a current skater and want to learn more about coaching please contact Tawnya at tmyard@ucalgary.ca

Running Track Closed

From December 8th to 16th, the back stretch of the Olympic Oval running track will be closed. No athletes, parents and/or coaches are permitted to go beyond the barricade that will be marked as a construction area. The reason for the closure is so the Oval can mount the new scoreboard/clock. During this time the running track will be re-routed. This re-route will take you up to the 3rd level, which will be closed off and alarms disarmed for your use.



Happy Holidays!

Thank you for a very successful fall season. We look forward to seeing you in the New Year!

